Working in Summer Heat

Heat related illness is more prevalent for road workers than other industries. Working on hot asphalt, equipment, materials and surfaces add to the already hot summer temperatures. Physical exertion, lack of acclimatization and wearing heavy clothing can compound the heat.

Take precautions to prevent heat illness, exhaustion or heat stroke by following recommendations.

Prevent Heat Illness
- Avoid excessive intake of alcohol the day before working in hot weather
- Drink water frequently (approximately 1 cup every 15-20 minutes)
- Drink sports drinks containing balanced electrolytes
- Avoid drinks with large amounts of caffeine or sugar
- Generally, fluid intake should not exceed 6 cups per hour
- Eat fruits and vegetables as they contain water and potassium
- Monitor yourself and others for signs of heat stress
- Protect against sunburn

Symptoms of Heat Exhaustion
- Headache, dizziness or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea or vomiting

Symptoms of Heat Stroke
- May be confused, unable to think clearly, pass out, collapse or have seizures (fits)
- May stop sweating

Resources
- OSHA Safety and Health Topics / Heat: https://www.osha.gov/SLTC/heatstress/

If you have any questions about Tool Talk Topics or other safety items contact Kurt Shea at 269-207-2055 or kurt@pkcontracting.com

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TOOL TALK SAFETY MEETING

TOPIC(S): Working In Summer Heat, July 7, 2020

DATE:_____ **DIVISION:**_____

Foreman/Presenter's Name:_____

The presenter is to record attendance by printing the first and last name of each person in attendance.

Printed Name	Printed Name

ADDITIONAL TOPICS AND/OR SUGGESTIONS FOR NEXT TOOL TALK

_____
_____
_____
_____
_____

PARTNER BY CHOICE. SAFETY BY DESIGN.

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